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NEWS WORTH SHARING.

Back to standing on guard for thee

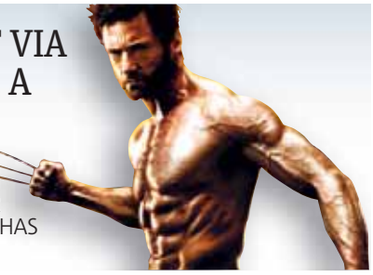
The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty PAGE 7

Man stripped of five cab plates speaks out

Harjit Seroya claims he's no crook, but rather a hard-working Calgary Transit driver who planned to sell his plates for a pleasant retirement PAGE 3

GETTING CUT VIA A LITTLE NIP, A LITTLE TUCK

NUMBER OF MEN GOING UNDER THE KNIFE FOR A SUPERHERO'S BODY HAS INCREASED PAGE 13



City cops deploy powerful facial recognition software

Cutting edge.
Technology first of its kind among Canadian police services

HELEN PIKE
helen.pike@metronews.ca

With a few clicks, the Calgary Police Service is now able to search a massive image database and match suspects' images from video and still images to their mugshots — a process that takes seconds and vastly speeds up the identification process.

Demonstrating with a low-quality and blurry image of one of the Boston Marathon bombers wearing a white baseball cap, Keith Raderschadt of NEC Corporation of America, which supplied the technology, explained how powerful the software can be.

Keith Raderschadt from NEC Corporation of America demonstrates Calgary Police facial recognition software in action, showing how an image of the Boston bomber is quickly matched to a mugshot. HELEN PIKE/METRO

"In this particular case I would sharpen the pixels," Raderschadt said, as the system pulled up a match in an instant. "This particular latent face has 46 pixels between the eyes matched against a mugshot in the repository."

The custom-built technology, dubbed NeoFace Reveal, seems straight out of a CSI episode.

First, an image is loaded into the program and scanned. Then, using an algorithm, it's matched up with another image already in the database.

"This technology will not be used to identify people walking down the street as a member of the general public," said Insp. Rosemary Hawkins.

The system can use both photos and video, and can even change profile images into head-on shots by turning them into three-dimensional composites and rotating the 3-D digital models.

This particular form of the software will be the first of its kind to be used for police investigations in Canada, according to CPS.

The project was launched last year, and came with a price tag just under the $500,000 CPS had budgeted.

As of Monday, police were able to use the facial recognition software to expedite the identification of suspects, something that used to take weeks or even months.

"(In the past), our technicians that have been doing this, they also have other jobs and functions … this is something that they would work on as they had time." said Insp. Hawkins. "With this technology, as we've done searches, it's come up within seconds."

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‘I’m a scapegoat,’ says man stripped of five cab plates

Plateholder speaks out. Drivers claimed abuse, mistreatment that spanned years

JEREMY NOLAIS
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He claims he’s no crook, but rather a hard-working Calgary Transit driver who planned to sell his five city-owned cab plates to pad out a pleasant retirement.

Harjit Seroya spoke out for the first time Monday after the city announced Friday it had stripped him of his five plates. His drivers spoke to Metro Sunday, describing him as a “monster” and “petty thief.”

But Seroya said he’s actually been the owner of two plates for three decades and secured the latter three toward the turn of the century.

Seroya said he was merely biding his time and planned to sell the plates to new drivers for as much as $160,000 apiece. He said the city became interested in his affairs only late last year when he made it known he wanted his plates to be used by the Calgary United Cabs brokerage, rather than Associated Cab.

“I don’t know how customers are losing, I don’t know how drivers are losing,” Seroya said Monday, responding to concerns expressed by the city’s chief livery officer, Marc Halat.

“I’m just holding the plates so I, in the future, could make some money by selling them.”

But drivers using Seroya’s plates said in separate interviews Sunday they were paying him in excess of $10,000 annually to do so and were constantly subjected to rude and abusive treatment. One driver, Mohammad Khawaja, said the plateholder called him right before this year’s Calgary Stampede and demanded he hand over $600 to help with legal fees. For his part, Seroya denied that such a demand was ever made.

But Halat said Monday that therein lies the sticking point — because Seroya did not run a dispatch system or have the branding of a cab company and other “legitimate services,” drivers using his plates still had to pay extra for that requirement. He said some of Seroya’s drivers were working around the clock and still couldn’t make ends meet.

“We’ve done the right thing.... The only thing he’s annoyed about is he’s lost his privilege to transfer those plates,” Halat said. “Why would we reward somebody who just spent the last ... 30 years, taking in excess of, I would go, $1 million off the backs of these drivers?

Halat added, “This was about greed.”

United Cabs president Rupinder Gill said Monday he was aware that Seroya wanted vehicles using his plates to be part of his company’s fleet, but said he’d never actually spoken to him on the matter. Drivers working for Seroya claim he told them to steer clear of picking up fares from Calgary International Airport during wildcat strikes staged by Associated drivers, including Gill, in a showing of solidarity over protests with management. Seroya claims the city penalized him for supporting those drivers.

“I’m a scapegoat,” Seroya said.

Halat said the city’s actions had no impact on Seroya’s position as a transit driver — he said he’s been employed as a bus driver since 1998 — and that he will face no further penalty besides the loss of his plates.

But Seroya said he’s not alone in “renting” out multiple taxi plates to other drivers. He said too the city seized his plates without any hard evidence, only complaints from drivers.

“Thirty years is a long time,” he said. “if nobody has any evidence — photographs, video, pictures, written receipts — and, at the same time, the city is saying they can’t trace the money, it means money was never paid (to sublease).”

Coveted items

There are 1,306 transferable cab plates remaining in Calgary with the removal of five from Harjit Seroya.

- Metro has found Kijiji ads in the past offering them for sale at the price of $100,000.
- Plates released in recent years have no monetary value and must be returned to the city when a driver is no longer using them.

The uniform of an Associated Cab driver is seen during wildcat strikes at Calgary International Airport last year. A Calgary Transit driver who recently had five cab plates stripped from his possession by the city claims it was punishment for him supporting the striking drivers, who eventually launched Calgary United Cabs. METRO FILE

City vows enforcement against ‘unidriveways’

Calgary is assembling an enforcement “team” to crack down on the practice of a growing number of residents who have paved large sections of their front lawns, creating what’s become known as “unidriveways.”

As Metro reported in October, numerous Calgary residents, particularly in the city’s northeast, have taken to pouring concrete over previously grassy front yards, sometimes melding multiple homes’ driveways into one large, paved stretch.

“We’re having a lot of controversy in my ward about the paving of front lawns,” Ward 3 Coun. Jim Stevenson said at Monday’s city council meeting, while asking city staff “what they’re actually doing” to deal with the situation.

These four homes in a row in Saddle Ridge, with entirely paved front lawns, have created a sort of monolithic “unidriveway” between them. ROBSON FLETCHER/METRO FILE

“We have established a team across the corporation to work on that issue,” replied Stuart Dalgleish, general manager of community and protective services.

Chief city planner Rollin Stanley said the situation is “predominantly an enforcement issue.”

Most front yards are supposed to have a soft-surfaced, “two-metre strip along the edge of the sidewalk” to soak up any storm water and “stop drainage from those properties coming onto city property,” Stanley said.

In addition, he said, “from a zoning perspective, it’s an issue of whether cars are parked permanently on these areas, or casually.”

Dalgleish said the city’s enforcement team will include officials from the Calgary Parking Authority, Animal and Bylaw Services, corporate properties, waterworks, the fire department and roads.

The first step will be to issue “warning notices” to any homeowners found in violation of city rules, Dalgleish said.

“And there are followup inspections that we do,” he said. ROBSON FLETCHER/METRO

Alberta Children's Hospital

Family makes 2nd generous donation to brain research

For the second time in two years, a couple made a smart investment, giving millions of dollars to the Alberta Children's Hospital Foundation to help youth with brain injuries and illnesses.

In 2012, Stan and Marge Owerko donated $5 million, and on Monday they donated an additional $10 million.

"For the past two years, Marge and I have had the opportunity to work closely with specialists at the Alberta Children's Hospital," said Stan Owerko in a press release. "They have been an inspiration for Marge and me to elevate our support to pursue even greater achievements."

The Owerkos have set up a family fund for brain health, to which members of the community can contribute. Their donation will also help create a new research space that will provide greater opportunity for scientists to work together and focus on neuro-developmental disorders like ADHD and autism spectrum disorder.

"We are all doing what we can to have a positive impact," said Dr. Jong Rho, division head of pediatric neurology at the Alberta Children's Hospital.

"With this exceptional support from the Owerko family, we will work to improve for families by integrating programs and helping them navigate services." HELEN PIKE/METRO

'I just loved it. I was soaking in every second'

Brush with Hollywood. Local actors served as McConaughey, Caine stand-ins for new blockbuster Interstellar

JEREMY NOLAIS
jeremy.nolais@metronews.ca

It's not the most glamorous job on a Hollywood set.

You're asked to stand in a certain position for extended periods of time and spout off lines that aren't even yours while crews adjust lighting, audio and camera positions.

Then again, when it's director Christopher Nolan giving out the orders and you're helping prepare a scene for the likes of Matthew McConaughey or Michael Caine, the job of stand-in actor is a tad more bearable. Check that — a lot more.

"It was pretty amazing," said Jason Cemak, a Drayton Valley-born actor who now splits his time between Calgary and Vancouver. He did stand-in duties for McConaughey last year during a month-and-a-half shoot near Longview for the blockbuster movie Interstellar, due to hit theatres Friday.

"If you think about it, it doesn't really help my acting career," Cemak said, "but I worked with John Lithgow, Jessica Chastain, Michael Caine, Topher Grace, Bill Irwin, McConaughey, Chris Nolan — and I'm getting paid to basically sit in and get an education on how the best in the world do this. That's basically how I looked at it. It was long hours, kind of gruelling conditions, but I just loved it. I was soaking in every second of it."

Cemak earned a bit of screen time in a previous Nolan epic, Inception, which filmed its final act in Alberta. He'd filmed a commercial for the Big Rock Eddies competition that year, and it contained some of the same theatrics as the snow shootout scene in the film, so Nolan brought him on to work as a masked "snowtrooper."

On the Interstellar set, Cemak was joined for two days by fellow Alberta actor Luigi Riscaldino of Calgary, who stood in for Caine, a mainstay in Nolan films.

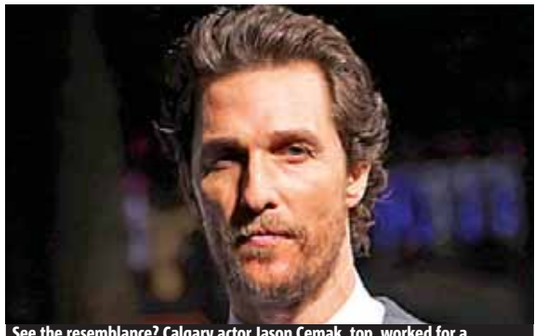
"We're quite different in age, but we were similar in height and size," said Riscaldino. He previously served as a stand-in on the set of The Assassination of Jesse James by the Coward Robert Ford, a movie starring Casey Affleck and Brad Pitt, and played the character Haden in the Alberta-produced television series Hell on Wheels. Still, he said, Nolan is unlike any director he's worked with before.

"He was brilliant to watch and quite, quite particular about everything.... It actually came down to where he would select who he wanted as stand-ins; that's not something directors typically bother with," he said.

By the numbers

$165M

Interstellar cost $165 million to film and produce and was shot in Los Angeles and Iceland, along with Calgary.



See the resemblance? Calgary actor Jason Cemak, top, worked for a month and a half as a stand-in actor for Matthew McConaughey during the Alberta-filmed portion of Interstellar, which hits theatres Friday.
TOP: COURTESY KORI DEPAUW; BOTTOM: THE CANADIAN PRESS FILE

Downtown

Engineers undermined parkade stability, judge rules

City of Calgary officials say they've won a "landmark ruling" against an engineering firm the city says undermined the structural stability of a downtown condo building's parkade.

The ruling, handed down by Judge Heather Lamoureux, concerns the shoddy repairs undertaken by Williams Engineering at the Rocky Mountain Court building, located at 221-6 Ave. SE, in the summer of 2011.

"In her decision, Judge Lamoureux held that Williams Engineering had breached its obligations to Alberta's Building Code by undermining the structural stability of the parkade and causing an unsafe condition," the city said in a release Monday. "Sentencing is scheduled for later this year."

The ruling is believed to be the first in Canada to convict an engineering firm for breaching provincial building-code legislation.

"Today's ruling sends a clear message: Engineering firms, like other parties who are involved at the various stages of a construction project, have independent obligations to satisfy in the design and execution of a construction project," said Ola Malik, the city's municipal prosecutor.

In 2009, the city created a safety responses unit to target unsafe construction sites in the city. JEREMY NOLAIS/METRO

Wildrose party Leader Danielle Smith has called off a review of her leadership.
METRO FILE

Smith nixes leadership review

Wildrose Leader Danielle Smith has pulled the plug on a review of her leadership — just one week after she requested that party members be given the chance to have their say on her performance.

Smith had asked her executive for a review at the party's annual meeting in Red Deer later this month after the Opposition party failed to win a seat in four provincial byelections Oct. 27.

Smith says she changed her mind after conferring with party executives and following a unanimous show of support from caucus members, who asked that the request be withdrawn.

"The leader has to be the first to take accountability and responsibility. That's what I did last week and I got an overwhelming reaction from our members of caucus, our executive committee and others that it wasn't me," she said at a news conference Monday.

Her office received calls and emails of support from 700 of the Wildrose's 22,000 members, Smith said. The party's president was also concerned about putting a leadership review on the convention agenda without 60 days of notice.

Smith said any discord within her caucus is gone with the departure of central Alberta legislature member Joe Anglin to sit as an Independent. She said there was a belief that Anglin was recording caucus meetings, which led to a concern about confidentiality.

"There was some concern that whatever we said in full, frank discussion was potentially being recorded," she said.

Anglin said the allegations are ridiculous and unbecoming for a party that hopes to become government some day.

"It makes me sad. I've been around a bit longer than some of them. It's childish. It's immature and if you want to be government … you can't be acting like that. That's silly," he said in a phone interview. THE CANADIAN PRESS

More feedback on low-income transit passes?

'Back-and-forth'. Mayor frustrated at pace for proposed sliding scale

Council is inching toward the introduction of a sliding-scale price for low-income transit users, after councillors voted to take an action group's proposal to overhaul fares to the community for feedback.

"This report essentially says we need even more time to talk about this," Mayor Naheed Nenshi said at Monday's city council meeting.

He commended council for moving forward with the "single entry" initiative for low-income citizens — which allows a blanketed application for services instead of the one application per service approach in place now — but was frustrated at the pace for the proposed sliding scale.

"At some point doesn't council just need to make a tough decision? How much more time is needed for analysis here?" Nenshi asked.

Transportation general manager Mac Logan shared the mayor's frustration.

"We need to simplify this process. We've figured out the money. There was a lot of back-and-forth over the discounts," he said.

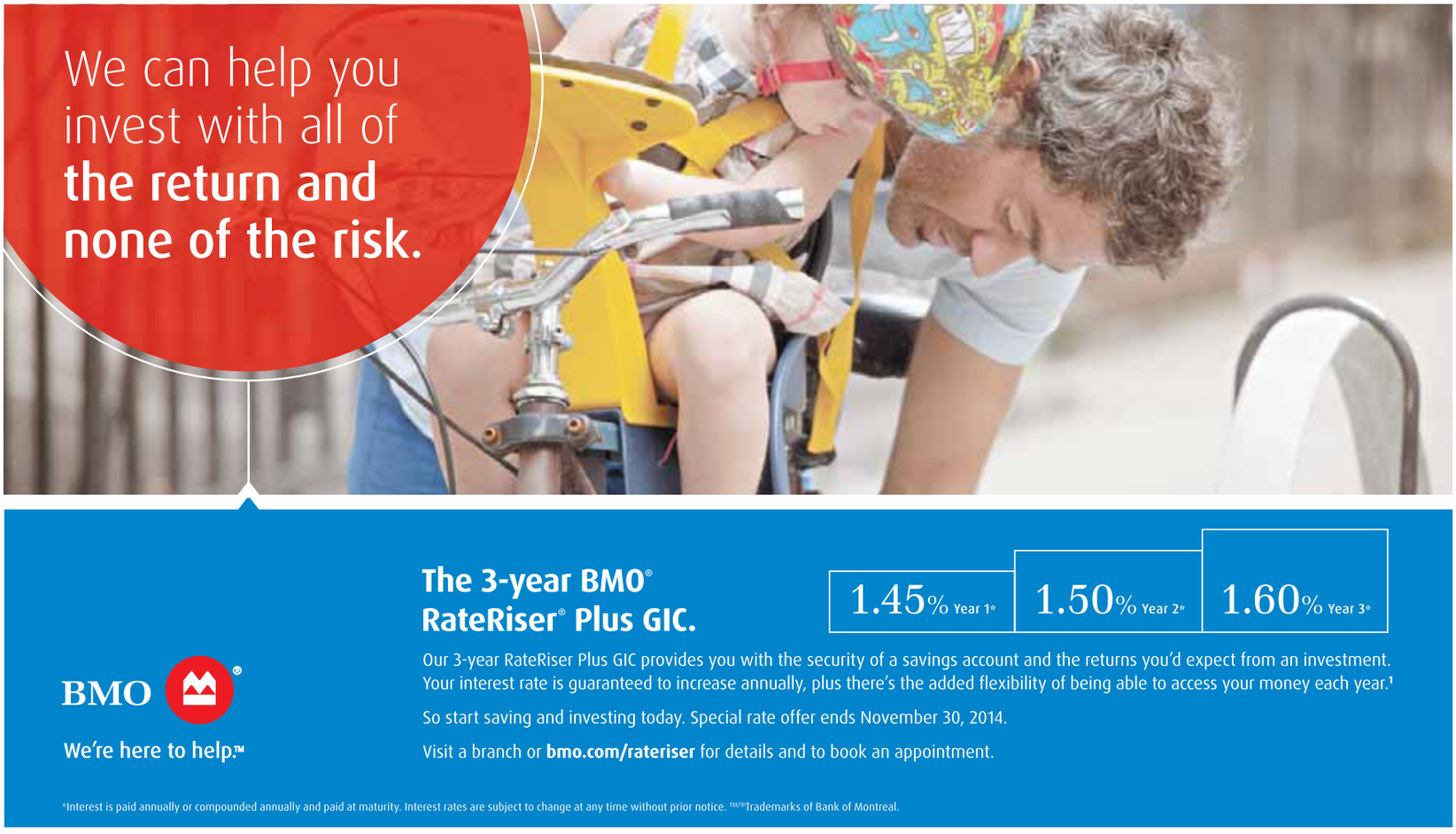
The proposal Monday, put forward by the Fair Fares action group Oct. 10 would dissolve the low-income Senior Transit Pass Program and create discounted rates for all citizens who fall between 100 and 123 per cent of the low-income cut-offs.

"This is great news; we're really pleased about that," said Bonnie Pacaud of Fair Fares. "It really is a starting point for discussions, but at least it's on the table."

Pacaud says the proposal is a good compromise for both programs and hopes Fair Fares will be included in discussions to help the public understand how the sliding scale would work.

Council voted to maintain the current senior fare discounts for 2015 and come back to council after more discussion with low-income and senior citizen-activist groups on the matter. HELEN PIKE/METRO

Mayor Naheed Nenshi METRO FILE



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City to pave some long-standing gravel roads, many a 'legacy' of annexation

Some — but not all — of Calgary's old gravel roads that were once part of smaller towns swallowed up by expansion will be paved, in a move the city expects will save money in the long run.

Paving about 12 lane-kilometres worth of these dusty front streets will cost $4.1 million up front, but save $5.4 million in maintenance over the next 30 years, according to city estimates.

City council approved the move Monday, opting to leave the remaining 75 lane-kilometres of gravel roads that are 10 years or older and scattered about Calgary unpaved for now.

"The financially smart option turned out to be ... to look at those gravel roads that are costing us a tremendous amount of money to maintain," said Coun. Gian-Carlo Carra, whose Ward 9 contains numerous sections of gravel road that won't be resurfaced.

Lane-kilometres

12

The number of lane-kilometres of gravel roads the city now plans to pave.

"It hurts my heart that it doesn't make dollars and sense to pave them," Carra said, making one last-ditch plea to his colleagues to reconsider expanding the paving program, which was rejected.

Transportation general manager Mac Logan said the city's annexation of formerly separate municipal entities such as Bowness and parts of Springbank led to "a handful of legacy roads that were sort of inherited over a period of time." ROBSON FLETCHER/METRO

'Evolved'. CEMA to split off from fire department

After guiding the city through a historic flood, a freak summer snowfall, and the aftermath of an electrical fire that left downtown in the dark for days, Calgary Emergency Management Agency is getting a promotion.

City council voted Monday to make CEMA a stand-alone business unit, with its own permanent director, rather than borrowing the fire chief during times of crisis to take on that role.

"I believe that CEMA has evolved over the experiences that we've had to really be designated as its own business unit," Coun. Diane Colley-Urquhart said.

The change will cost about $300,000 more per year, which will be spent on the new director's position, "logistical planning and co-ordination activities," and "support services," said Stuart Dalgleish, general manager of community and protective services.

ROBSON FLETCHER/METRO

Are relations warmer now?

Alberta, B.C. premiers meet

Alberta Premier Jim Prentice says he and his B.C. counterpart Christy Clark have moved on from the tempestuous days of Alison Redford.

Redford, Alberta's former premier, and Clark had "frosty" relations over B.C.'s demand for a share of potential oil pipeline revenues.

During a meeting in Vancouver today Clark told reporters that Prentice is the first Alberta premier to truly understand her province.

Prentice and Clark agreed to continue to work to get a pipeline built to ship Alberta bitumen to the west coast while respecting B.C.'s concerns on disaster preparedness, the environment, aboriginal issues, and profit sharing.

Prentice says Clark has invited him back for Grey Cup week this month, and he plans to take her up on it. THE CANADIAN PRESS

Summer seat capacity rises

Dutch carrier KLM ups frequency of flights from YYC

KLM, the Dutch carrier, is planning on upping seat capacity and flight frequency out of the Calgary airport.

"Canada has always been of high interest to KLM and we are proud to be one of the major foreign carriers within this market," said Pieter Groeneveld, vice president of network planning.

In the summer of 2015, seat capacity will go up 3.7 per cent.

He said this is a reflection of how well YYC is doing, being the only airport in the KLM network to see growth in four years. METRO

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A rendering of the proposed development. COURTESY BUSS MARKETING

City defers condo plan, to delight of residents

Inglewood. More than 900 people signed a petition in opposition to project, community association president says

ROBSON FLETCHER
robson.fletcher@metronews.ca

Inglewood residents opposed to a mixed condo-retail project on the community's main drag convinced city council to put off a decision on the building until next spring, pending more community input.

Chris Stathonikos has owned the property on 9 Avenue SE and the auto body shop that currently stands there, since 1978.

A former president of the Inglewood Business Revitalizaton Zone, Stathonikos said he and his family have been, and remain, committed to the community.

"We are very proud of having a long history in Inglewood," he said. "This new building will showcase the bright future ahead for the community."

Numerous other area residents, however, said the design doesn't fit with their vision for Inglewood.

Several told council the 20-metre height allowed under current land-use zoning is already too tall, and said relaxing that to 22.5 metres for this project would "set a precedent" as well as open the door to further projects that go beyond the "human scale."

Many urged a decision on this building to be put off until the Inglewood Design Initiative (IDI), a subcommittee of the community association tasked with developing a framework for future development, wraps up its work.

"It's imperative we avoid the piecemeal approach and base these decisions on Inglewood's actual capacity for increased density," said IDI director Monique Chenier.

"We want to encourage development, not stop it," she added. "We want to delightfully fill the gaps on Inglewood's main streets."

Revisiting

Council is set to revisit the plan in March 2015.

Online

For more local news visit metronews.ca

Ghomeshi used CBC-owned phone to send graphic texts, source says

Ongoing scandal. Broadcaster claims its ownership of phone refutes ex-radio star's claim he was let go due to his 'private life'

Workers scrape a wall that had a publicity photo of Jian Ghomeshi in the broadcasting corporation's Toronto offices on Oct. 27. A source reveals Ghomeshi used a CBC-owned phone to send lewd text messages to women. CHRIS YOUNG/THE CANADIAN PRESS

Jian Ghomeshi used a CBC-owned phone to send lewd text messages to women, a source has told Torstar News Service.

The public broadcaster believes its ownership of the smartphone refutes Ghomeshi's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC — it's the CBC's property," said a source familiar with the situation.

The source says Ghomeshi lied to CBC management when he was asked "eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw that it had the opposite effect.

"(CBC) didn't know the scope of what they were dealing with," the source said, adding it is unclear whether CBC information technology staff have begun poring over Ghomeshi's work email account for other evidence.

It is also unclear whether police, who announced Friday they are investigating Ghomeshi, are in possession of the phone.

Toronto police spokesman Mark Pugash said police do not discuss details about an investigation.

Asked if CBC turned over the phone to police, spokesman Chuck Thompson told Torstar in an emailed statement that, "We are co-operating fully with Toronto Police Services."

Pugash said he had nothing to add to what was said at a police news conference Saturday, where it was revealed that three women have come forward with allegations against Ghomeshi.

Ghomeshi was fired on Oct. 26, after his CBC bosses saw "graphic evidence that Jian had caused physical injury to a woman," CBC has said in an internal memo.

TORSTAR NEWS SERVICE

Fallout

Polaris drops Ghomeshi from jury

The Polaris Music Prize has removed former host Jian Ghomeshi from its jury.

Ghomeshi had been among the 200-plus journalists, broadcasters and bloggers who annually vote on the $30,000 award, given to the best Canadian album of the previous year.

THE CANADIAN PRESS

Jun Lin murder trial

Magnotta heard voices, doctor says

Luka Rocco Magnotta was convinced in 2005 that he was being stalked and that voices in his head told him he walked like an ape, a Toronto doctor told his murder trial Monday.

Dr. Allan Tan testified that a psychiatrist had diagnosed the accused as manic depressive and mildly schizophrenic before Tan began seeing him in 2003. THE CANADIAN PRESS

Outbreak

Feds to invest over $30 million to fight Ebola

The federal government is committing an extra $30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in this country.

Health Minister Rona Ambrose says the new funding also contains an additional $3 million to help the World Health Organization in its efforts to fight Ebola in West Africa.

THE CANADIAN PRESS

Ottawa attack. Sentry who stood guard with Cirillo to resume duties

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty — though he admits it won't be easy.

"I still believe Canada is a nation of peace where soldiers within its borders need not take up arms," Cpl. Branden Stevenson said in a statement Monday. "My fellow soldiers and I remain proud and committed to watching over the Tomb of the Unknown Soldier as a strong, silent reminder of every person who made the ultimate sacrifice."

Stevenson was at the National War Memorial on the morning of Oct. 22 when Michael Zehaf Bibeau killed Cirillo and then stormed onto Parliament Hill, where he died in a gunfight in the Centre Block.

Stevenson said he is still in shock and grieving the loss of his best friend, whom he'd known since Grade 9 and whose love of the military inspired him to follow in Cirillo's footsteps. THE CANADIAN PRESS

Floral tributes to Cpl. Nathan Cirillo sit at the National War Memorial in Ottawa on Oct. 23. Cpl. Branden Stevenson, the young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed, is set to return to duty.
SEAN KILPATRICK/THE CANADIAN PRESS

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Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the government to stop the practice in the southwestern African nation, and elsewhere.

"This decision has far-reaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a statement.

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only acronyms to describe the procedure, while another signed the document after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- **Namibian Women's Health Network.** The organization first began documenting allegations of forced sterilization in 2007.
- **250,000 Namibians infected.** Ten per cent of the Namibian population lives with HIV.

Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to late the Apple Corp. co-founder in St. Petersburg. The six-foot-tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Costa Concordia

Human remains believed to belong to missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

What's believed to be the remains of the missing Indian waiter were found on the eighth deck inside a cabin.

THE ASSOCIATED PRESS

Found gun in a dresser

Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

A police report says the children were playing when the boy found the loaded .40-calibre handgun.

THE ASSOCIATED PRESS

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RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ $1,500 is a manufacturer to dealer delivery credit (tax exclusive) available on 2014 Cruze LS 1SA. This delivery credit can be combined with special lease and finance rates. † $3,500 is a combined credit consisting of a $1,000 manufacturer to dealer delivery credit (tax exclusive) for 2014 Cruze LTZ and a $2,500 manufacturer to dealer cash credit (tax exclusive) for 2014 Cruze LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $2,500 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Cruze 1LS 1SA. †† Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between November 1 and December 1, 2014. Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer vehicle or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014, 2015 model year Chevrolet car, SUV, crossover and pickups models delivered in Canada between November 1 and December 1, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1500 credit available on all eligible Chevrolet vehicles. Offer is transferable to a family member living within the same household (proof of address required). 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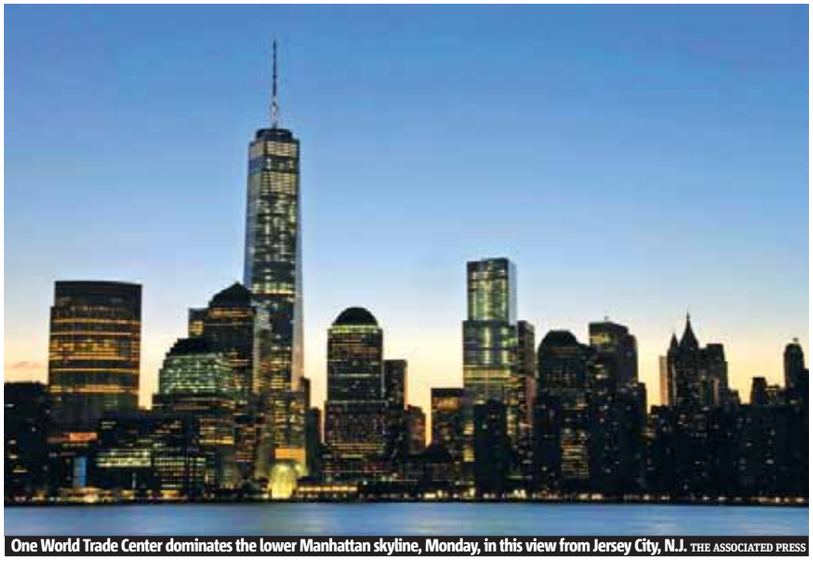


One World Trade Center dominates the lower Manhattan skyline, Monday, in this view from Jersey City, N.J. THE ASSOCIATED PRESS

New World Trade Center rises from the ashes in N.Y.C.

Post-9/11. Skyscraper now open for business in Lower Manhattan, following the terrorist attack 13 years ago

Thirteen years after the 9/11 terrorist attack, the resurrected World Trade Center has opened for business — marking an emotional milestone for both New Yorkers and the rest of the United States.

Some staffers of publishing giant Condé Nast began working at 1 World Trade Center on Monday. The 104-storey, $3.9-billion US skyscraper dominates the Manhattan skyline. The publishing giant becomes the first commercial tenant in the tallest building in the U.S.

It's the centrepiece of the 16-acre site where the decimated twin towers once stood and where more than 2,700 people died on Sept. 11, 2001, buried under smoking mounds of fiery debris.

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site, said the agency began moving into neighbouring 4 World Trade Center last week.

He said 1 World Trade Center "sets new standards of design, construction, prestige and sustainability; the opening of this iconic building is a major milestone in the transformation of Lower Manhattan into a thriving 24-7 neighbourhood."

THE ASSOCIATED PRESS

Iconic skyline

"The New York City skyline is whole again, as 1 World Trade Center takes its place in Lower Manhattan."

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site

Market Minute

DOLLAR
88.05¢ (-0.67¢)

TSX
14,537.62 (-75.70)

OIL
$78.78 US (-$1.76)

GOLD
$1,169.80 US (-$1.80)

Natural gas: $4.04 (+$0.03)
Dow Jones: 17,366.24 (-24.28)

Instagram in Canada

Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app soon will start running ads in Canada.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their streams.

It was about a year ago that Instagram started sprinkling ads into user streams in the U.S., and a similar move was made in the U.K. in September.

Instagram also recently launched video ads in the U.S. THE CANADIAN PRESS

Hotels. Check-ins via phone could be beginning of the end of the concierge

Hotels don't want guests to have to linger at the front desk — or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

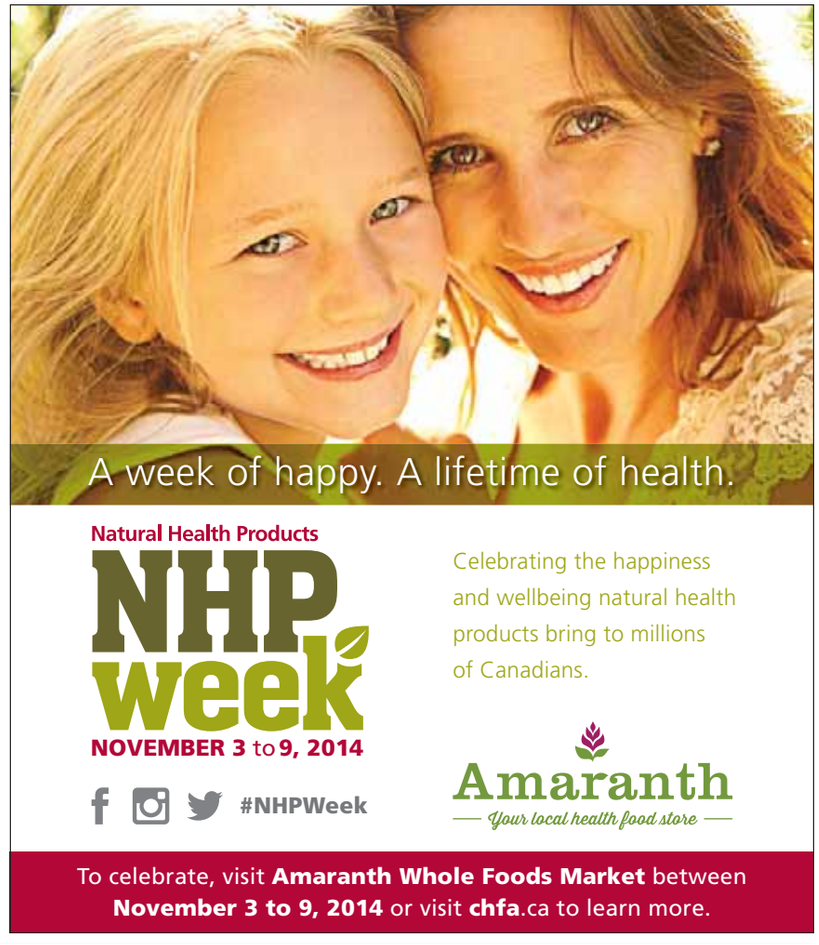
Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones.

THE ASSOCIATED PRESS

Hilton

2015

Hilton Worldwide plans to roll out mobile room keys at the end of 2015 at some U.S. properties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DON'T BE MIFFED THAT I BROUGHT A GIFT

SHE SAYS

Jessica Napier
metronews.ca

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3-D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "Monetary Gifts Appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet, there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more."

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "Ask for Cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts, please bring us cash!"

But even if you make it rhyme; cash demands seem out of line. A big fat cheque might make you happy; I just think it's awfully tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping, "No Boxed Gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I Do".

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

The donkey barber

Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.

MAYA ALLERUZZO/THE ASSOCIATED PRESS

Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys. He is a third-generation qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

Dangerous work

Mohamed traces to a scar across his right jaw with a finger missing its first joint.

- "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

MetroTube

Taking the Internet by storm

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's Friday Forecasters segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/YouTube)

SCREEN GRAB

Twitter

We asked readers to write a caption for this penguin robot photo:

THE ASSOCIATED PRESS

@VanstoneL: Okay, this new guy has wheels... but can he dance? #HappyFeet

@thejimpster: And whatever caption wins.. PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

Check out the other answers @metropicks.

metro AR

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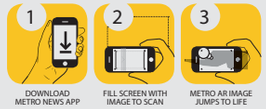

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DVD review

A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's A Most Wanted Man, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More of an espionage procedural than standard-issue spy thriller, A Most Wanted Man doesn't always make the best use of its impressive cast including Robin Wright, Rachel McAdams and Willem Dafoe. **PETER HOWELL**

New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

Singer Brandy Clark SHORE FIRE MEDIA

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, 12 Stories, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark, edgy tales about infidelity, divorce, murderous lovers and painkiller addiction.

Clark also shares a songwriting nomination with Kacey Musgraves and producer/songwriter Shane McAnally for song of the year for Follow Your Arrow, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. 12 Stories, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre." **THE ASSOCIATED PRESS**

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Selena Gomez ALL PHOTOS GETTY IMAGES

Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it.

"She is absolutely not into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl goes from rude to reasonable

NED EHRBAR
Metro in Hollywood

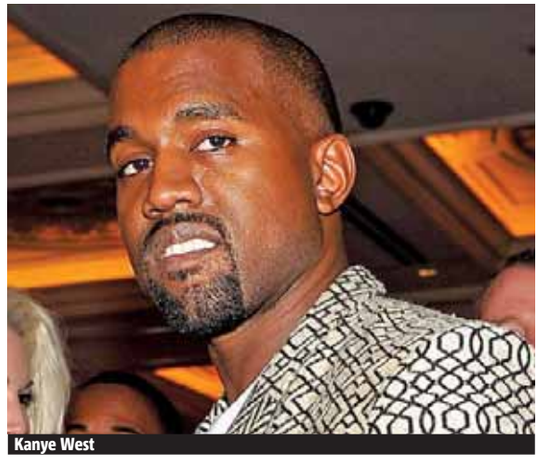
Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose.

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted, but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition?


Kanye West

Guess which hip-hop star thinks he's the Lord Grantham of L.A.?

Kanye West wants to name his new, $20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regalness, and there will be a sign naming it Highclere Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham."

It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

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Super body secrets

Cosmetic procedures. The number of men going under the knife has increased

EVA KIS
Metro in New York City

Between the uber-sculpted uniform of Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern superhero roles are pushing actors to their physical limits — and the effect that's having on men.

The number of cosmetic procedures being performed on American men has risen 273 per cent in the last 16 years, according the American Association of Aesthetic Plastic Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says. "It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where fantasy begins.

How real is what's onscreen?
Celebrities are a fantasy. These celebs have a whole entourage around them that depend on maintaining that image.

You have to be realistic in surgical expectations, right?
We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to Hugh Jackman to begin with.

For some stars, can steroids and human growth hormone also enter the picture?
They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes. There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

What is driving ordinary men to get plastic surgery?
Almost every job has a sales component to it. You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. If you walk into the room looking old and irrelevant, you're not gonna get that job.

Super costs

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to $76,950 US to get the modern superhero look, from the strong chin to bulging quads.

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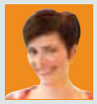

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The French dish called bouillabaisse serves up a brothy stew chock full of fish.

I had the distinct pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Here are some tips for making your own at home.

• Start with a hearty jarred tomato sauce. It will create the foundation.
• Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.
• In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.
• Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.
• Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, — just mouthfuls.
• A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. THERESA ALBERT

Cioppino. This fishy stew boasts delicacies such as salmon, cod, shrimp, mussels and a mayo-based topping

This dish comes together in about 20 minutes and is a great way to get a bowlful of brain boosting omega-3s and essential lycopene from tomatoes.

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes uncovered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook for 5-8 more minutes. Meanwhile, mix topping ingredients.

3. Divide into large bowls and top with topping. THERESA ALBERT (@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled
- 8 raw shrimp
- 1/2 lb cod fillet (or other firm white fish)
- 4 oz salmon fillet

Topping

- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt
- 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper

Appetizer. Eggplant-Tomato Crostini

1. Heat oven to 450 F. Line rimmed baking sheet with foil and coat with cooking spray.

2. In skillet over medium heat, cook onions with drizzle of oil and pinch of salt, stirring regularly until caramelized, about 20 minutes.

3. Meanwhile, in a mesh strainer over sink, combine the eggplants and tomatoes. Sprinkle in several hefty pinches of salt, then toss. Allow to sit 15 minutes to drain excess liquid. Spread mix on prepared baking sheet and drizzle with olive oil. Roast 18 minutes.

Ingredients

- 2 large yellow onions, quartered and sliced
- Extra-virgin olive oil
- Kosher salt
- 2 small eggplants, diced
- 1 pint cherry tomatoes, halved
- Toasted, sliced French bread
- Balsamic glaze, to serve
- Ground black pepper
- Parmesan cheese, to serve
- Watercress, to serve

4. In bowl, combine eggplant, tomatoes and caramelized onions. Spoon mix onto slices of toasted French bread, then drizzle with balsamic glaze and sprinkle with pepper. Top with Parmesan and watercress. Serve. THE ASSOCIATED PRESS

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CONTINUING EDUCATION

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Updating skills can lead to opportunity

Courses can be a catalyst for a new career or educational endeavour

When employees upgrade their skills, they are putting themselves in line for a better job or a new career, higher pay and opportunities for growth.

"More growth within communities means more families can remain together because they aren't forced to go elsewhere for work," says Rachel Kuipers, the acting manager of alternate delivery at Nova Scotia Community College's Halifax head office.

For many people, continuing education courses are ideal because they are offered part time.

"This also allows people who aren't sure if they're ready to commit to a full-time program to test the waters by taking one or two courses," says Kuipers, who oversees NSCC's continuing education programs.

Pam Swales began her career at NSCC's facilities department. Although she enjoyed the work, it was physically demanding and she knew it wouldn't be a lifelong career. Although she was nervous because she lacked a high school diploma and she was in the 45 to 55 age range, she enrolled part time in NSCC's office administration program, taking classes in the evening, on the weekend and online.

After earning her GED and her NSCC certificate this summer, Swales started working at the college's campus bookstore.

"Completing this post-secondary certification program was one of the key components of my being hired at the bookstore," she says.

People who enrol in continuing education courses can be any age, from underemployed millennials to mid-career employees looking to stay current in the job market to curious seniors.

"Our youngest student is 20 and our oldest is 64 and taking a home inspection certificate course," says Debbie Gordon, the director of the professional development division of Dalhousie University's College of Continuing Education.

Continuing education courses can be a catalyst in succession planning in any profession.

"The No. 1 asset in any company or organization is human capital," Gordon says. "For employers, when their employees take continuing education courses, it fuels opportunities for them to look within their own organization when it's time to promote."

These type of courses are often linked to regulatory requirements in certain professions such as engineering, quality assurance, home inspection and occupational health and safety.

"Most continuing education at Dalhousie is job driven and designed to keep people current in their field and help them stand out in the labour market," Gordon says.

Other students sign up for a series of continuing education courses over time for one simple reason.

"Some folks have a thirst for knowledge and they just can't get enough," Gordon says.

– Jane Doucet

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Online learning accommodates busy schedules

For many, online learning is one of the more convenient ways to participate in post-secondary studies.

"Online learning is a growing phenomena globally, and here in Alberta, the post-secondary institutions are forward-thinking and established eCampusAlberta nearly 12 years ago," says Tricia Donovan, executive director, eCampusAlberta. "Together, we collaborate on ways to support student success online."

eCampusAlberta offers more than 900 online courses and more than 70 online programs by publicly-funded post-secondary institutions.

eCampusAlberta was originally established with a focus on online learning in order to collectively help to increase access to high-quality learning opportunities provincewide.

"Increasingly, people are interested in accessing learning that fits their busy lifestyles, and a high percentage of the learners taking courses and programs online via eCampusAlberta are working full time," Donovan says.

The vast majority of the programs in the existing inventory are certificates and diplomas, and eCampusAlberta members

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continue to add new learning opportunities.

"Our member institutions offer everything from academic upgrading, business, health, social, community and protective services, clerical and administrative support and much more," Donovan says.

In 2013, more than 22,000 learners sought out flexible online learning through eCampusAlberta. For more information, visit ecampusalberta.ca.

Specialty programs help meet growing demands

At Academy of Learning Career College, your future is in your hands.

"Academy of Learning Career College is not only for diploma programs, there are numerous options for continuing education courses in business, management, finance and technology," says Charles Jarvis, general manager, Academy of Learning Career College.

"Most programs have options for evening classes as well as part-time schedules."

The flexibility in scheduling and many options for either occupational training through diploma programs or skills upgrading courses allows individuals to get the training they need for their futures when they need it.

Specialty programs, such as the marketing co-ordinator and legal administrative assistant programs, help meet the growing market demands and career opportunities in Alberta.

The marketing co-ordinator diploma program prepares students for entry-level positions by providing training in a broad range of marketing knowledge and processes, administration skills and practical tools.

The legal administrative assistant diploma program give students the knowledge and skills needed to assist Alberta lawyers in a variety of practices.

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Academy of Learning is Canada's largest network of career colleges where students can earn their diploma in less than a year.

With continuous intakes and no wait lists at Academy of Learning, there is no need to wait until January to get started. For more information, visit academyoflearning.ab.ca.

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Digital communications certificate meets trend

Mount Royal University helps businesses succeed online

If you don't have an online presence these days, it is almost as if you don't exist.

Whether as an individual or a business, developing your online presence can be vital to your professional success.

The new digital communications certificate, offered through Mount Royal University continuing education, equips people to be able to understand and put into practice modern electronic communications and digital marketing.

"Business has changed. Given the choice, consumers want to deal with brands they know, like and trust," says Chris Garrett, instructor and curriculum developer, as well as a Calgary-based online business consultant and the chief digital officer for Copyblogger Media.

"You can't push your message at customers, you have to attract them and solve their problems."

He says you need to be talking to people where they hang out in the way they want to be communicated with — like online.

"If you want to be in business today you need to move with the times or be left behind by them," Garrett says.

Students will learn all about digital marketing and branding, in areas such as social media for business, search engine marketing, advertising online, and also creating online content using the WordPress content management system.

"All of these topics are in demand by businesses, from smaller companies to the biggest multinationals," Garrett says.

"Online is not going away so you need these foundations if you want to have any kind of career in marketing, business, customer service or PR, or want to grow a successful business yourself."

This 90-hour certificate program has been designed for marketers and those with marketing/communications responsibilities.

Registration for the winter 2015 semester opens Nov. 10. For more information, email cebusiness@mtroyal.ca, or call 403-440-7785.

MRU offers birth doula program

A woman about to give birth deserves the best, most supportive team surrounding her during this emotional time.

One member of the birthing team can include a birth doula, who is a trained professional whose role is one of support and helps a labouring woman and her partner through the unique experience of becoming parents.

"Doulas are a fabulous addition to the birthing team as we help mom with the physical and emotional needs during labour, and we work respectfully with the doctors, nurses and midwives," says Jennifer McGuire, CD (DONA) DONA International approved birth doula trainer. "Doulas are highly sought after in Calgary and this is not a trend, it is a necessity."

The birth doula program offered at MRU is a three-day introduction to supporting women and their partners as they prepare for the birth of their child.

This program is the first step to becoming a certified birth doula.

From there, the participant attends births, which they document in detail, read several required texts, write an essay on why labour support is important, takes a breastfeeding course and signs DONA International's code of ethics and standards of practice.

"It is a privilege to be invited to the birth of a baby and many women see this as their calling, where they can provide the needed care," McGuire says.

"Perhaps they had a doula at their birth and they saw the value in that."

A doula will work in hospitals with doctors, nurses or midwives or at a home birth or birth centre with registered midwives, but are not trained to deliver a baby.

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McGuire says a doula is different than a midwife and the general public does confuse these two roles often.

"A birth doula provides physical, emotional and informational support only," McGuire says. "We do not provide medical care or give medical advice."

For more information about this workshop, visit conted.mtroyal.ca/birthdoula.

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Opportunity abounds at Digital School

Develop CAD skill sets

As Alberta continues to reap the economical benefits of the construction and energy industries, Digital School Technical Design College graduates are finding lucrative careers in the abundance of drafting and design professions that continue to be in demand.

"Digital School teaches the necessary theory, computer skills, software applications for drafting and design with specialties available for architecture and engineering," says Charles Jarvis, general manager of Digital School. "Nothing can be manufactured or built until a computer-aided drafter (CAD) has rendered all the design elements to bring the vision of architectures or engineers to a reality."

In as little as six months, students with little to no prior drafting knowledge develop the skill sets to do professional drafting and design in the most up-to-date software for 2D and 3D AutoCAD.

All courses are taught by industry experts to provide students with the most relevant information available in the current market.

Digital School is enrolling now for the next class intake (January) and offers the CAD program in class or online.

This program is available completely online as well to help students access this training from almost anywhere they can get an Internet connection.

For more information about Digital School, visit digitalschool.ca.

Learning options complement Ambrose's credit programs

Open house Nov. 15

Not only does Ambrose University offer a variety of degree programs, but it also offers students and the public a number of continuing education options.

"Continuing education opportunities are regularly offered throughout the year to Ambrose University students and others in the community," says Melody Brooks, with Ambrose University. "These learning opportunities complement what is offered in Ambrose's credit-based programs of study."

The lecture and conference topics offered include psychology, social enterprise and sustainability, poverty, justice, and spiritual formation.

The next public lecture takes place Nov. 20, at 7 p.m. and is called Tackling Inequality, with Guy Standing, professor in development studies, from the University of London, London, U.K. Standing is a world-renowned poverty expert, who will speak on an effective strategy to eliminate poverty in Canada and around the world.

On Nov. 15, be sure to stop by the Ambrose open house to take a tour of the campus, meet professors and students, and learn about all the programming options available.

"Attending any post-secondary institution is a significant decision, and what better way to help make that decision than actually coming to campus to see what life is all about," says Kalie Eeles, enrolment coordinator.

Guests can also enter to win a $1,000 tuition bursary.

For more information, visit ambrose.edu.

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Enrich your skills at SAIT Polytechnic

Photography, cooking among courses offered

The desire to learn and develop new skills does not have to be related to professional development, but can be for the joy of learning something fun and new.

Through the many lifestyle and fun part-time courses offered through SAIT Polytechnic continuing education, learn a new hobby or enhance an old one.

For those who have the eye for capturing unique and/or beautiful images, consider one of SAIT's many photography courses.

"Many people want to expand their knowledge and explore hobbies but may be intimidated by some of the technology that is available," says Martin Purvis, co-ordinator, continuing and distance education.

"Our courses will help make that technology less of an obstacle to having fun with the equipment used in photography, digital audio and DSLR video."

Some of these fun courses include buying a camera, photography certificate of completion, DSLR video production certificate of completion — with all of them taught by experienced and knowledgeable instructors.

"They know how to make the courses enjoyable for adult students," Purvis says.

If you are a whiz in the kitchen and looking to take your skills to the next level, cook up some fun in either the introduction to cooking course or the baking basics course.

"Enjoying food is something everyone has in common — we can all relate," says chef Steve Lepine.

"Through my introduction to cooking class, and all of our courses, I hope to make cooking a little easier at home."

Lepine has also designed a new gluten-free series that explores sweet and savory cooking options without gluten.

This December, be sure to check out the Christmas cookie exchange class to help kick-start your holiday baking.

All of the cooking courses are held at the culinary campus downtown.

For more information, visit sait.ca.

INFORMATION SESSION

To learn more about SAIT's continuing education programs and courses, attend the continuing education info night on Nov. 17, from 3:30-6:30 p.m. in the atrium of the Stan Grad Centre on the SAIT main campus.

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"I loved the program. The teachers were amazing and there were lots of activities that made you want to go to class."

Claudia Sasse. Graduate.
Certificate in Spanish Language and Culture
good thinking.

Start learning another **language** this winter.

Courses start in January in an array of languages with certificate programs available in French and Spanish. If you are new to a language, start in Level 1. If you have some experience in a language, call to discuss starting your program at a higher level.

Courses are available in:

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- Portuguese (Brazillian)
- Russian
- Spanish

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LEARN ANOTHER LANGUAGE AT U OF C

For those individuals with a personal goal to someday learn another language, now is the time to make that goal a reality.

Hundreds of people enrol in University of Calgary continuing education's evening language courses every year, and many continue until they are speaking comfortably in that language.

"Students enrol for many different reasons," says Natasha Rajcevic, program manager.

"For some it's about future travel plans, to enhance their career, to learn their grandparents' first language, or it's simply the challenge of learning a new language."

When certificate graduate Rebecca Melenka enrolled in her first Spanish course through continuing education, it was to finish something she had started in the '90s.

As an undergraduate, she had taken some classes and learned to love the Spanish language and culture. Years later, Melenka decided to refresh and expand her Spanish speaking skills by enrolling in the certificate in Spanish language and culture.

She completed the program in approximately two-and-a-half years and says she is glad she took the certificate program, rather than taking courses without being graded, as it helped motivate her to keep going.

Rebecca Melenka. CONTRIBUTED

"It was challenging, but moving through the levels with the same people made it fun," says Melenka, adding she believes the skills she has learned could lead to new opportunities in her career.

Calgary teacher Carly Lutzman wanted to teach French to her elementary school students.

Having travelled abroad extensively and having taught English overseas, Lutzman already spoke conversational Italian and Spanish and some French before turning to continuing education.

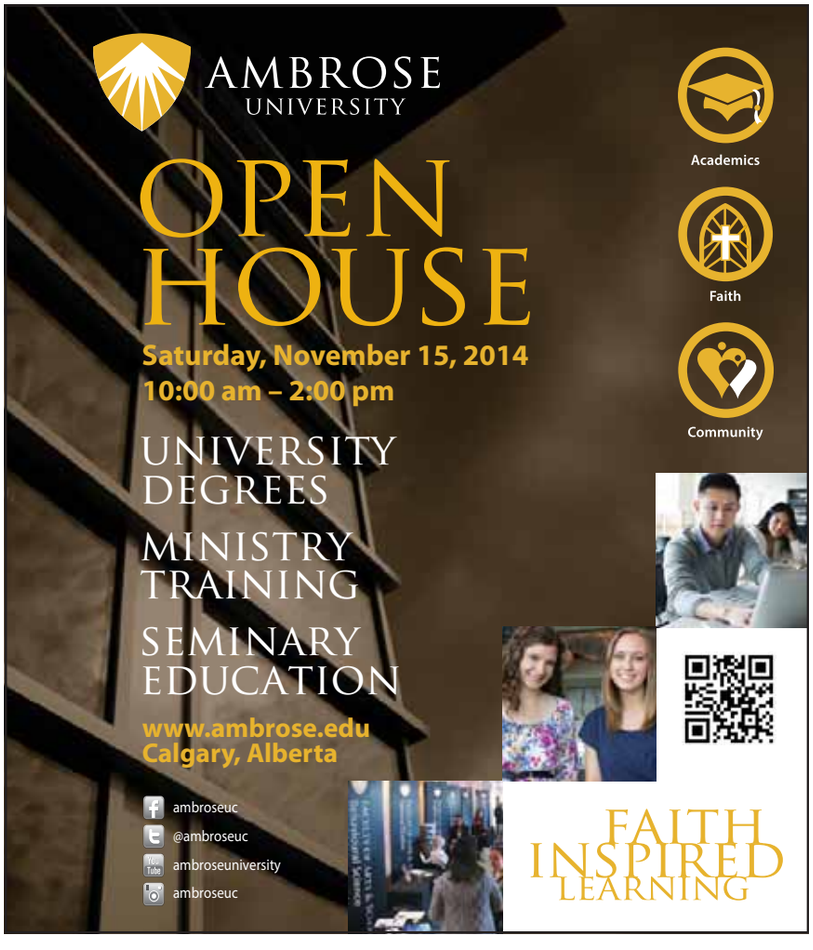
She took the free placement test that is offered to all new students and was able to start her program at a higher level.

She graduated from the certificate in French language and culture — intermediate level.

"It extended my learning to a point where I can comfortably teach French to my kids," Lutzman says.

CLASSES BEGIN IN JANUARY

Continuing education also offers courses in Arabic, German, Italian, Japanese, Korean, Mandarin, Persian, Polish, Portuguese (Brazilian), Russian, and American Sign Language. The next start date for classes begins in January. To learn more or to register for classes online, go to conted.ucalgary.ca/languages.



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NHL

Shootout goal edges Blues over Rangers

Vladimir Tarasenko scored in the third round of the shootout, and the St. Louis Blues stretched their winning streak to five with a 4-3 victory over the New York Rangers on Monday night.

Tarasenko, who had a goal and an assist in regulation, fired a shot past Cam Talbot to end the game and give the Blues their eighth win in their last nine visits to Madison Square Garden (8-0-1).

The Rangers lost at home in a shootout for the second straight game, following a 1-0 defeat against Winnipeg on Saturday. They are 4-1-2 in their past seven games.

THE ASSOCIATED PRESS

NBA

Grizzlies down Pelicans to add 16th home win

Marc Gasol scored 16 points, Zach Randolph had 15 and Tayshaun Prince added 14 as the Memphis Grizzlies extended their home winning streak to a franchise-record 16 straight Monday night with a 93-81 victory over the New Orleans Pelicans.

The Grizzlies, off to a franchise-best 4-0 start, got three double-doubles. Randolph had 11 rebounds to give him a double-double in each of the team's four games. Gasol (11 rebounds) and Tony Allen (12 points, 11 rebounds) also finished with double-doubles.

THE ASSOCIATED PRESS

Cabrera: Jays' top off-season target

MLB. Left-fielder tops Toronto's list, but free agency cost for Dominican could prove too high for Toronto

metro AR Melky Cabrera's .808 on-base-plus-slugging percentage was 34th highest in the majors, making him one of the most desirable bats available in free agency. Scan the image with your Metro News app for a look at more of the top free agents available. GREG FIUME/GETTY IMAGES

Starting Tuesday, Melky Cabrera will begin to find out what he's really worth and the Toronto Blue Jays will have a better idea of whether they can hang on in the bidding for the free-agent outfielder's services.

Although MLB free agency technically opened at the conclusion of the World Series, negotiations with new teams only begin in earnest following a five-day "cooling-off period," during which time potential suitors can only discuss general interest without exchanging numbers.

So Tuesday could be a pivotal day in setting forth how the Jays' off-season shapes up.

General manager Alex Anthopoulos suggested over the weekend that he and Cabrera's agents were "far apart" and that it would likely take offers from other teams to bring them closer together. He reiterated those points Monday morning on Sportsnet radio.

"It may be one of those things where (Cabrera) needs to go out and see what the offers are to really find out what his worth is," Anthopoulos said. "No one knows what his true market value is because there really isn't anybody to compare him to."

Re-signing Cabrera is the Jays' top priority and is part of the reason they traded Adam Lind and his $7.5-million contract to the Milwaukee Brewers on Saturday. Cabrera has expressed a desire to return to Toronto — he fits well in the Jays' clubhouse and lineup — but the 30-year-old Dominican is not going to take a discount to stay. He may, however, give the Jays the opportunity to match an offer.

Several agents — not Cabrera's — have previously told Torstar News Service they expect him to receive between $12 and $15 million per season on a three- or four-year deal, pointing to Shane Victorino's three-year $39-million contract and Curtis Granderson's four-year $60-million as two comparisons.

On the weekend the Jays exercised the formality of extending a one-year, $15.3-million qualifying offer to Cabrera, which ensures that if he signs with another team the Jays will at least receive a first-round draft pick as compensation. TORSTAR NEWS SERVICE

Teasing 200 hits

.301

Before breaking his finger sliding into a base at the beginning of September, Melky Cabrera was on his way to becoming just the sixth Blue Jay ever to reach the 200-hit plateau. His .301 batting average was tops among Jays and 14th highest in the majors.

Cornish, Price won't even travel to B.C.

Jon Cornish, left, the CFL's leading rusher, won't play in the regular season finale in Vancouver against the Lions. MARIANNE HELM/GETTY IMAGES

Calgary Stampeders running back Jon Cornish and receiver Maurice Price will not play in Friday's regular-season finale against the B.C. Lions.

Cornish left Saturday's 18-13 loss to Winnipeg in the second quarter after bouncing his head off the McMahon Stadium turf. The CFL's leading rusher did not return to the game.

Price was tackled hard on the final play of the game.

The Stampeders did not identify the players' injuries in a statement issued Monday, but said both players are "progressing well" and are expected to play in the West Division final Nov. 23 at McMahon.

Neither player will travel with the Stampeders (14-3) to Vancouver, the football club said.

Cornish, the CFL's Most Outstanding Player in 2013, leads the league in rushing with 1,082 yards, even though he's appeared in just nine games this season.

Cornish sat out six games in July and August with concussion symptoms. He took a high hit from Montreal's Kyries Hebert in the season opener. Cornish, who turns 30 on Wednesday, also missed two other games because of injuries.

Price has 34 catches for 544 yards and a pair of touchdowns this season.

THE CANADIAN PRESS

Keeping it quiet

The Stampeders announcement that Price and Cornish won't travel to Vancouver did not identify their injuries.

4 SPORTS

BREAKFAST FORECAST

Warm with a 100% chance of crunchy.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

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Conceptis Sudoku By Dave Green

			1	6	9			
	7			5			4	
9		6				3		5
2								7
1	4						2	3
5								8
4		8				6		9
	3			1			5	
			3	4	6			

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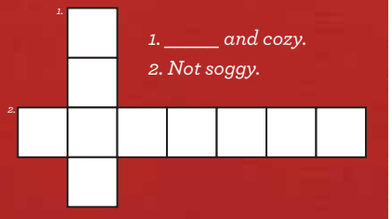
BONUS CROSSWORD



1. _____ and cozy.
2. Not soggy.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

♉ Taurus
April 21 - May 21
A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

♊ Gemini
May 22 - June 21
There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

♋ Cancer
June 22 - July 23
A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done.

♌ Leo
July 24 - Aug. 23
You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

♍ Virgo
Aug. 24 - Sept. 23
A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

♎ Libra
Sept. 24 - Oct. 23
You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

♏ Scorpio
Oct. 24 - Nov. 22
The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

♐ Sagittarius
Nov. 23 - Dec. 21
Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

♑ Capricorn
Dec. 22 - Jan. 20
How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

♓ Pisces
Feb. 20 - March 20
It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

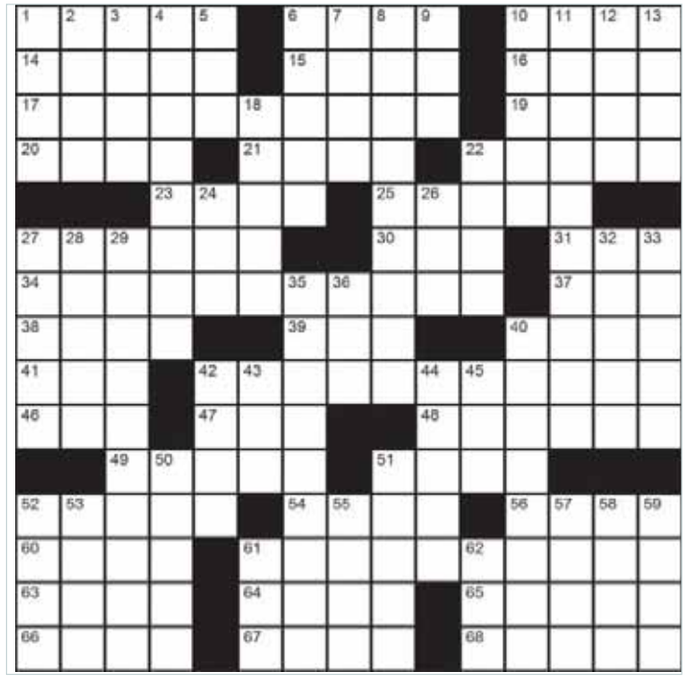
→ See the full instructions on Metro's Voices page.

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across

1. Gettin' __ Wit It by Will Smith
6. Terpsichore, in ancient Greek mythology, for one
10. __ artist
14. Range
15. Caspian Sea country
16. Fashion magazine
17. Calgary neighbourhood
19. Gomer __ (Jim Nabors role)
20. Saturday Night Live alum Horatio
21. "I __ you so!"
22. Possessed, in ye olden days
23. Aahs' friends
25. Say "Cheese!"
27. Agnes Moorehead television role
30. Famous King, commonly
31. Healthy retreat
34. What Newfoundlands are according to the Canadian Kennel Club: 2 wds.
37. Mr. Aykroyd
38. Ancient Greece's love god
39. Own, to a Scot
40. Telecommunications speed unit
41. Knock
42. Cariboo Gold Rush town in BC founded in 1862, a National Historic Site of Canada
46. __ Na Na
47. Lummox
48. __ corpus
49. 1960s jacket style
51. __-O (Pudding alternative)
52. Prefix to 'dermabrasion' (Facial treatment)
54. _. __. (Line above the equator)
56. Notion
60. Horton Hears _ __! (2008)
61. Disbelief
63. Well
64. Actress Ms. Malone
65. Waltz, in Paris
66. About: 2 wds.
67. Scheme
68. Halifax-born actress Ms. Page

Down

1. Fighter's pokes
2. Opera singer Ms. Petina
3. __ and bear it
4. "I'm quaintly surprised!"
5. Charlottetown Airport code
6. Canadian tennis player Mr. Raonic
7. The __ Mountains (Range in Russia)
8. Architecture: Calgary's historic buildings material
9. Cease
10. Floral leaf
11. Horse from Scotland
12. "__ fair in love..."
13. __ the Parents (2000)
18. Mr. Hawke
22. Billboard chart-toppers
24. "..._ _ quit!"
26. Java holder
27. Pitchers
28. Music's Ms. Jones
29. Berth a boat: 2 wds.
32. 1963 Billboard chart-topper: Hey __
33. Mountains in South America
35. "__ and Oates" (Folk duo comedy, on MuchMusic)
36. Cartoonist Mr. Browne
40. The Quiet Crooks band from Toronto
42. Fashion style, __-chic
43. Swiss river, variantly
44. Scarlett's love
45. Ms. Bertinelli, to pals
50. Eat away
51. Kyoto locale
52. Wise Men
53. Victor's holler!: 2 wds.
55. Ms. Horne
57. __ pickles
58. Latin 'being'
59. Sermon word
61. Sex and the City star ...her monogram
62. 'Select' suffix

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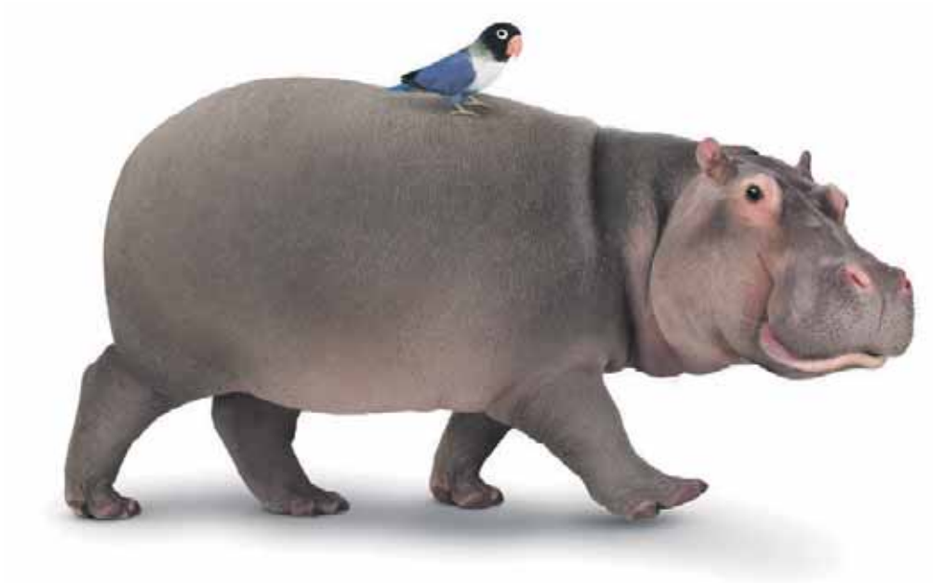
Cranberry Almond

“We want a big deal with a small price.”



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Shepard Centre

Southcentre Mall

Sunridge Mall

The Core

Westbrook Mall

Westhills Town Centre

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1353 32nd Ave. NE

2008 33rd Ave. SW

2520 23rd St. NE

3012 17th Ave. SE

321 6th Ave. SW

4410 50th Ave. SE

4623 Bow Trail SW

4825 Macleod Trail South

6039 Centre St. South

6100 Macleod Trail South

7825 Flint Rd. SE

Cochrane

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